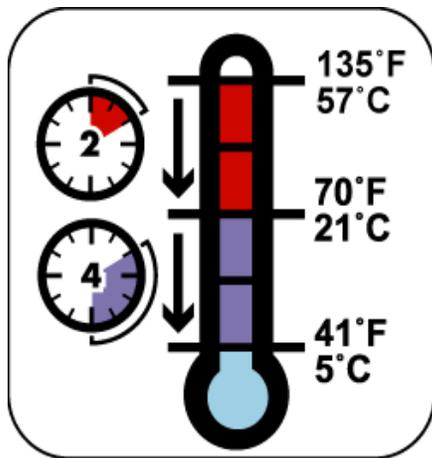


## *Improper cooling is a major cause of foodborne illness!*



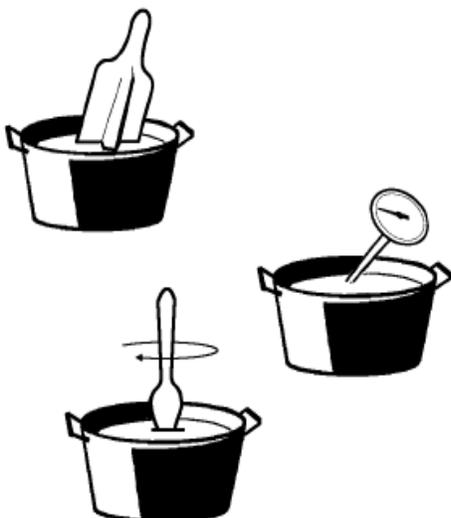
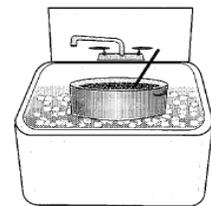
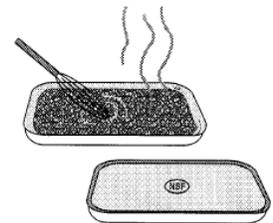
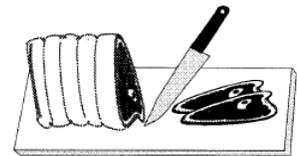
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**Hot foods must be cooled from 135°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours.**

- ⊘ **Never** cool foods at room temperature
- ⊘ Do not tightly cover foods when cooling because heat cannot escape quickly if tightly covered
- ⊘ Avoid cooling large masses of food. Cut meats into smaller pieces, pour large pots of foods in shallow pans or use ice to cool quickly.

### *Shallow and smaller is better!*

1. Separate foods into smaller quantities or portions and place in shallow pans. Liquid foods should be placed in pans no deeper than 4 inches (2 inches for thick foods). Solid foods should be in small pieces and spaced in a single layer to allow for good heat transfer.
2. Place shallow pans in a refrigerator or freezer that has sufficient air flow to cool foods. Avoid small units because they cannot tolerate the temperature fluctuations like a walk-in cooler.
3. Periodically stir or rotate food while in cooling. Also, monitor temperatures during this process. Cover food once 41°F or less has been achieved.



### *Use an ice paddle or ice bath for soups, stews or chowders!*

1. For hot liquids in a large pot, place an ice paddle in the liquid food or place pot in a sink of ice water and stir every 15 minutes while monitoring temperature.
2. Once it has reached 70°F, place the pot in a walk-in refrigerator; leave the ice paddle in the food, if using.
3. Check the temperature periodically and stir until it reaches 41°F within 4 hours. Then, cover the food while in storage.